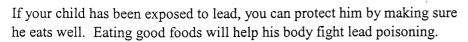
Protect Your Child From Lead Poisoning





Children get lead poisoning when they accidently swallow small amounts of lead or lead dust. Lead may be in paint, dust, soil, drinking water and food. Children swallow lead because they often put their hands and other things in their mouths. Lead can damage the brain and other organs in young children

How can you help your child stay healthy?

☆ Serve your child at least three meals a day

Children have higher risk of lead poisoning when:

- \checkmark they have poor appetites
- \checkmark they don't eat enough healthy foods
- $\sqrt{}$ they do not eat regularly

Poor nutrition and an empty stomach lets the body absorb more lead. Feed your child a variety of foods. If your child does not eat much at a time, offer smaller meals more often.

☆ Give your child healthy snacks

Healthy snacks help children get enough food. It is hard for children with small appetites to eat enough food in just 3 meals a day.

These snack ideas can help:

cheese cubes
melon cubes
broccoli
cereal with milk and wheat germ
potatoes with cheese and vegetables
pancakes with molasses

saltine crackers with cheese yogurt orange sections vegetables with yogurt dip or cheese milkshake with molasses ice cream topped with wheat germ



Serve foods rich in iron

Iron-rich foods stop lead from being absorbed into the body. Vitamin C is important because it helps the body absorb more iron. Eat a Vitamin C rich food at the same meal when you eat foods rich in iron.

lron Sources
beef, turkey, lamb, pork
liver
sardines
spinach, greens
dried beans, peas, and lentils
tofu
dried prunes and prune juice
dried fruits
molasses
wheat germ
whole wheat and enriched bread
iron-fortified WIC cereals



Vitamin C Sources
oranges and orange juice
grapefruit and grapefruit juice
strawberries
cantaloupe and honeydew melon
tangerines
tomatoes and tomato juice
potatoes
broccoli
cabbage
cauliflower
red/green peppers, chili peppers
summer squash
WIC juices

☆ Offer foods rich in calcium

The calcium in milk and other foods also helps prevent lead from being absorbed into the body. Children need 2 to 3 servings of milk and other calcium rich foods each day. Children who drink too much milk are often not hungry for other healthy foods.

Calcium Sources

milk
cheese
pudding made with milk
canned sardines with bones

yogurt milk-based soup canned salmon with bones calcium fortified tofu

What Else Can You Do?

- \checkmark Always wash your child's hands before he eats.
- \checkmark Keep areas clean where your child lives, plays, eats, and sleeps.
- \checkmark Keep your child from putting things that may contain lead in their mouths.
- $\sqrt{}$ Wash all toys, pacifiers, and other things that your children may put in their mouths.
- \checkmark Throw away food that has fallen on the floor or ground.
- ✓ Water from faucets may have lead in it. Let your water run for at least 30 seconds before you use it for drinking or cooking. Do not use hot tap water for cooking or drinking.
- ✓ Some imported pottery, china, crystal and ceramics have lead. Use only lead-safe utensils for cooking or storing food and drink.
- \checkmark Do not give your children lead-containing folk medicine powders, such as greta and azarcon.
- \checkmark Ask your child's doctor for a blood lead test.

For more information about protection your child from lead poisoning, call (785) 296-0189 or fax (785) 296-6522.